

What Is Claimed Is:

1. An oval-tracked exercise apparatus for simulating hand-movement comprising:

a) a main frame connected with a shaft and a rotary body connected with one end of treadles arranged on opposite sides thereof;

5 b) two rocker arms; and

c) a connecting mechanism connected to the front end of each treadle through an accessory rod connected with a shaft; the accessory rod connected to a connecting member by a third pivot so as to move the third connecting rod that is pivoted on the rocker arm; in accordance with the movement of the treadle, the 10 accessory rod drives the rocker arm to move in oval track, within the range limited by a second connecting rod having one end connected to the shaft and the other end connected to the rocker arm.

2. The oval-tracked exercise apparatus of claim 1 further comprising:

a) an adjusting mechanism with one end thereof pivotally connected to the 15 main frame and with the other end thereof connected with a first connecting rod;

b) a positioning rod with one end connected to the shaft while the other end thereof is joined to a pivoting member; and

c) a driving member driven by a motor and installed between the positioning rod and the pivoting member.

20 wherein the shaft is moved within the space limited by the connecting rod.